RENE RUSSO IS A TRUE CREATURE OF THE NIGHT

THE ACTRESS DISCUSSES HER "NIGHTCRAWLER" TENDENCIES. PAGE 18

metro

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Monday, November 3, 2014 www.metro.us | t: MetroPhilly | f: MetroPhilly

Sanchez lifts Birds into first off bench

NFL. After a Nick Foles injury, Mark Sanchez led the Eagles to a much-needed win over the Texans, 31-21. The Birds also suffered the loss of locker room leader DeMeco Ryans, who is now out for the season. PAGE 26

SEPTA won't strike after reaching deal

PAGE 04

You're going to love our website

PAGE 14

Wake your tongue up from siesta

PAGE 16

PAGE 02

A Movember participant gets clean shaven at Frankford Hall by a Paul Labrecque stylist to prepare for the annual fundraiser for men's health. / FABIENNE M PHOTOGRAPHY

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1 NEWS

Top 3

What's trending online at Metro.us

1 'Chris Rock jokes about Boston Marathon bombing, 9/11 in "SNL" monologue'

2 '10 facts you'll really wish weren't true'

3 'PHOTOS: Walt "Clyde" Frazier style file'

Local tweet

"EAGLES WON WITH SANCHEZ"

Wild, right, @TenPointOne? Millions of New Yorkers can't believe it either.

Shave the date: Grow a 'stache for Movember

Fishtown. Newtown Square brothers' shaving party kicks off the monthlong event for men's health.

Professional shavers from Paul Labrecque shave Movember participants at Frankford Hall on Thursday. / FABIENNE M PHOTOGRAPHY

Travis Garone and Luke Slattery — the two men from Australia who started Movember in 2003 on a whim — could not have known that by growing mustaches for one solid month they were going to create such long-lasting momentum in the name of raising awareness for men's health and prostate cancer.

The premise is simple: At October's end, participants sign up and pledge to "start clean" (by shaving their faces bare) in the name of men's health. Then they begin growing and grooming a mustache throughout November.

In Philly, Movember started last Thursday with a shaving party at Frankford Hall — at the insistence of CJ and Michael Walsh. The Newtown Square-raised brothers have been involved with Movember for five years with the "cancer-hating wrecking crew" Team I Hate Cancer, a nonprofit that fundraises and stages events in orders to fight against and spread information about various forms of the disease.

"We are always looking for new and exciting ways to beat cancer," said CJ Walsh, before growing serious: "Look, my brother and I are lucky. We don't have a good cancer story. We have relatives whose lives have been touched by the disease, but mainly we are inspired by the stories we've heard from good friends and survivors that we want to help."

Walsh speaks of the fear that drives Movember — how most adult men don't go to a doctor unless something is dramatically and noticeably wrong. "We have to get ahead of these issues," he said. "It has to be OK for men to talk about their health, whether it's with your golf buddy or your drinking pal."

While Walsh stripped away 11 months' worth of facial hair for Movember, Frankford Hall's General Manager Joshua Mann shaved off a full beard that he's had since 1999, "much to the chagrin of my wife," he said with a laugh.

Mann stated that Frankford Hall — perfect for "weird, quirky charitable events such as Movember" — was full to its 400-plus capacity, the Phillie Phanatic included.

When asked if he minds that people got their faces shaved at Frankford Hall's dining spot, Mann said he hasn't heard from the health department. "But for this great cause, I think we could ask for forgiveness," he joked.

A.D. AMOROSI
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Mo' details

The idea is to get people — Mo' Men or Mo' Women — involved in upper-lip growth, whether it's by raising money or awareness of prostate and testicular cancer and men's mental health issues.

- At Movember's end, the mustache-sporting gentlemen and the ladies who love them meet to show off their new growths and celebrate the awareness they've raised.
- The campaign has raised more than $559 million since 2003 in the U.S. alone.

Visit **Metro.us** to learn more about the benefits of Movember.

Temple University

Obama stumps for Wolf in Philly

President Barack Obama joined gubernatorial candidate Tom Wolf in a campaign event at Temple University's Liacouras Center Sunday evening.

First lady Michelle Obama and former President Bill Clinton previously campaigned in support of Wolf, who polls show leading Gov. Tom Corbett 50 to 43 percent in Tuesday's election. METRO

President Barack Obama
GETTY IMAGES

Bridesburg. Rap video leads to Halloween patrols on vacant lot

After police investigated an amateur rap video filmed on Bridesburg's vacant Coke lot, showing teens using drugs, drinking and playing with a gun, City Councilman Bobby Henon negotiated security patrols on the lot over Halloween weekend.

No incidents were reported, a spokesman for Henon said. Patrols were hired by National Grid, an out-of-state energy company that owns the 67-acre vacant lot.

"The latest news is a stark reminder that this property, and the surrounding community, have dealt with these issues for far too long," Councilman Henon said in a statement announcing the patrols, referring to the rap video.

SAM NEWHOUSE

Wild parties

Rapper Apex P's video with local teens, filmed at the Coke lot, was investigated by police after it was found on YouTube.

- Locals say there have been parties with kegs, deejays and loud music in the lot.

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Agreement. SEPTA, union avoid strike, reach two-year deal

Without resolving two of its key issues, SEPTA and its largest union still came to terms on a new contract and avoided a large-scale strike.

But instead of a five-year deal, the two sides agreed to a two-year pact.

Transport Workers Union Local 234 and SEPTA agreed late Friday to a wage increase, said to be 5 percent over two years, The Inquirer reported.

But the two main sticking points — workers pension compensation as compared with management and contributions to health care benefits — were left unsettled.

Willie Brown said last week that if talks hadn't progressed further enough by Halloween night, he would consider calling for the some 5,000 workers to go on strike.

He said the possibility of striking for Tuesday's election wasn't a concern.

SEPTA Board Chairman Pat Deon, in a statement, said the deal "is fair to our union employees, our customers and the taxpayers and balances the needs of our valuable workforce, while operating the transit system in the most efficient manner possible." TOMMY ROWAN

Details

Pension reform and health care benefit issues will be held until the next contract negotiation.

- The deal is still pending union ratification and SEPTA board approval.
- The TWU last held a strike in November 2009.

Delivering toys for the season in style

Hundreds of motorcyclists participated in the 34th annual Philadelphia Toy Run, which started at Columbus Boulevard and Spring Garden and ended at the Electric Factory, and bills itself as the country's largest motorcycle toy run. / CHARLES MOSTOLLER, METRO

North Philly

Abused dog's owner convicted in absentia

Michael Ellis, 22, was convicted in absentia last week of animal cruelty, the PSPCA announced.

Ellis' pit bull, Redz, was discovered in September with wounds on his neck and chest which were consistent with a "harness embedded in the skin," a PSPCA report says.

Redz was treated in the PSPCA's shelter hospital and is currently available for adoption.

Ellis was sentenced to 90 days prohibition of animal ownership, a $500 fine and court costs. METRO

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Turning into a vampire right before our eyes

Christopher Rose-Henry, 7, has his photo taken at a neighborhood Halloween festival at Liberty Lands Park in Northern Liberties on Sunday afternoon. / CHARLES MOSTOLLER, METRO

Bummer. Mummer, daughter arrested in beating, shooting

A well-known Mummer and his daughter were arrested over the weekend for their alleged participation in an Oct. 25 Queen Village attack, in which a man was shot in the leg and beat with a baseball bat.

Carmen "Butchie" D'Amato, 62, and his daughter, 36-year-old Rita D'Amato, both of the 900 block of South Front Street, surrendered to police shortly after a warrant was issued for their arrest on Halloween night.

Carmen, a hall-of-fame Mummer with the South Philly Vikings, approached an unidentified 36-year-old man at the corner of Second and Carpenter streets accompanied by his daughter around 3 a.m. on Oct. 25, police said.

The father was allegedly carrying a gun and his daughter, a baseball bat, police said.

After a brief conversation, police said, Rita swung the bat at the man and hit him in his upper body. The man ran. Then, Carmen allegedly fired several shots, one of which struck the man in the left leg.

According to reports, the pair suspected the man was breaking into their car. TOMMY

Carmen "Butchie" D'Amato
PROVIDED

Montco

Razor found in candy bar wrapper

Police in Towamencin Township reported that a trick-or-treating child found a razor in their Halloween candy.

The razor was loose inside a candy bar wrapper. The child was uninjured. Police did not identify the type of candy.

The incident is under investigation. METRO

Philadelphia

Wind knocks out power

The gusty winds that descended upon the Delaware Valley area on Sunday knocked out power to more than 20,000 homes, according to reports.

According to officials at PECO — which serves Philadelphia, Bucks, Chester, Delaware and Montgomery counties — reported 3,000 city residents lost power. METRO

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Poconos. Cop-killer caught, neighborhood holds Halloween

The survivalist suspected of killing a Pennsylvania state trooper in a sniper attack in September could face the death penalty, prosecutors said, after a seven-week manhunt in the Pocono Mountains ended with his arrest Thursday.

Eric Matthew Frein, 31, had eluded capture by hundreds of law enforcement officers since the Sept. 12 ambush outside a state police barracks in Blooming Grove. The attack killed Corporal Bryon Dickson, 38, and wounded Trooper Alex Douglass, 31.

Prosecutors will seek the death sentence for Frein. He faces a first-degree murder charge and one count of homicide of a police officer.

The heavy police presence during the manhunt rattled residents of the normally peaceful area of northeastern Pennsylvania.

No trick-or-treating was to be allowed near the search area. But with Frein captured, Halloween took place without incident. **REUTERS**

Captured

Officers from the U.S. Marshals on a routine patrol captured Frein at 6 p.m. outside an abandoned aircraft hangar at a shuttered resort in Tannersville, Pennsylvania.

- Frein surrendered without incident, police said.
- Two firearms were found in the hangar but Frein was carrying no weapons.

Lively parade on the Day of the Dead

Lotzy Garica with the group Fuego Nuevo performed traditional Aztec dances during a Day of the Dead (Dia de los Muertos) parade and festival on South Street on Sunday. The parade began at the Magic Gardens and ended on the 400 block of South Street, where dozens of vendors and food trucks set up and mariachi bands and Aztec dancers performed. / CHARLES MOSTOLLER, METRO

Philly. Four crashes, five fatalities on Halloween night

Multiple crashes around Philadelphia left five dead early Saturday morning after Halloween, police said. Only one accident is believed to have involved an impaired driver.

A Pontiac 2007 hit a pole near Logan Street and Stenton Avenue around 2 a.m. A passenger, 16, was fatally injured. The driver, 54, was arrested and tested for DUI, but charges are pending.

Around 3:15, a man, 69, crashed into five parked cars near Fairmount and Haverford avenues in West Philadelphia and later died. No one else was hurt.

A pedestrian was believed hit by two cars and killed at 3:45 a.m. while crossing near Broad and Tioga streets.

Two pedestrians running to cross Roosevelt Boulevard at Hartel Street were fatally injured around 5:45 a.m. **SAM NEWHOUSE**

Delaware

Pregnant woman dies after attack

Fernando Flores, 24, was charged with murder Sunday for the death last week of Paola Delgado-Polanco, 21. Flores attacked her Oct. 19 at a trailer park in Bear, Delaware.

Doctors delivered the victim's baby before she died Oct. 29. The baby is in critical but stable condition, reports say. **METRO**

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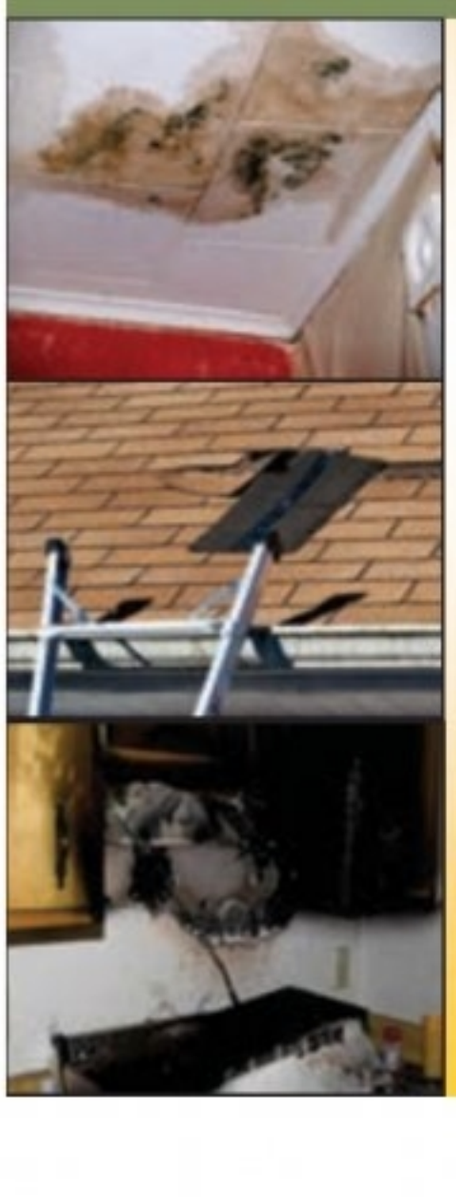
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SEPTEMBER SAFETY TIPS:

The back-to-school season is a time that can be stressful for both parents and students. Aside from the obvious, back to school comes with new traffic patterns and added hazards to the roadways.

Here are some tips to remember:

- Exercise extra caution as sun glare can be a factor during these times
- Come to a complete stop at a safe distance from a bus when the red lights are flashing and the stop sign arm is extended - this indicates the bus is stopped and children are getting off the bus
- Never pass a stopped school bus - it is illegal in all 50 states

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Gene analysis

Ebola-carrying bats may be heroes as well as villains

Bats are living up to their frightening reputation in the world's worst Ebola outbreak as prime suspects for spreading the deadly virus to humans, but scientists believe they may also shed valuable light on fighting infection.

Bats can carry more than 100 different viruses, including Ebola, rabies and severe acute respiratory syndrome (SARS), without becoming sick themselves.

While that makes them a fearsome reservoir of disease, especially in the forests of Africa where they migrate vast distances, it also opens the intriguing possibility that scientists might learn their trick in keeping killers like Ebola at bay.

Clues are starting to emerge following gene analysis, which suggest bats' capacity to evade Ebola could be linked with their other stand-out ability — the power of flight. REUTERS

CLUES TO FIGHTING EBOLA MAY BE FOUND IN BATS. GETTY IMAGES

Quoted

"If we can understand how they do it, then that could lead to better ways to treat infections that are highly lethal in people and other mammals."

Olivier Restif, a researcher at the University of Cambridge in Britain

Maine nurse sees the Ebola quarantines as 'abundance of politics'

Virus. A judge on Friday rejected Maine's bid to quarantine Hickox, but imposed some restrictions on her.

A U.S. nurse who challenged quarantines of health care workers returning from treating West African Ebola patients said on Sunday she thought "an abundance of politics" lurked behind them.

Kaci Hickox has fought a heated public battle over what she considers draconian measures to isolate her for 21 days after her return from Sierra Leone.

In some U.S. states, officials such as New Jersey Gov. Chris Christie have imposed strict quarantines on health workers returning from three Ebola-ravaged West African countries, but the U.S. federal government opposes such measures.

"When Governor Christie stated that it was an abundance of caution, which is his reasoning for putting health care workers in a sort of quarantine for three weeks, it was really an abundance of politics," Hickox said in an interview with NBC's "Meet the Press."

"And I think all of the scientific and medical and public health community agrees with me on that statement," she said. REUTERS

Kaci Hickox walks outside of her home to give a statement to the media in Fort Kent, Maine. / GETTY IMAGES

Quoted

"We know a lot about Ebola. ... We know that it's not transmitted from someone who is asymptomatic, as I am and many other aid workers will be when they return." Hickox

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Politics. Republicans are poised to ride Obama's unpopularity

Republicans are poised to pick up seats and could win control of the U.S. Senate on Tuesday in midterm elections heavily influenced by deep voter dissatisfaction with President Barack Obama's job performance.

Concern about the strength of the economy, coupled with worries about Ebola and Islamic State militants, are driving the dour mood of a restive electorate. Democrats could pay the price when voters elect 36 senators, all 435 members of the House of Representatives and 36 state governors.

His low job approval rating reflects a lack of confidence in his leadership during the sixth year of his presidency. Polls indicate Democrats have less enthusiasm for voting than Republicans, and history shows the party that is in power in the White House in midterm elections usually loses seats.

In the House of Representatives, Republicans are expected to build on their majority of 233 seats to 199 for Democrats. They also will likely retain their majority in the number of governors' seats they hold.

But the heavy campaign action has been in the 100-member Senate, where Republicans need to pick up six seats to reclaim the majority from Democrats and control both chambers of Congress for the first time since the 2006 election. While Republicans are expected to gain seats, as many as eight to 10 Senate races are still considered toss-ups. REUTERS

Obama may be forced to make more compromises with his political opponents if Republicans do take control of the Senate.
GETTY IMAGES

Quoted

"There doesn't seem to be a lot of things for people to feel good about. ... It may not be fair, but they tend to take those kinds of feelings out on the White House, and as a practical matter I think the Senate goes Republican." David Yepsen, director of the Paul Simon Public Policy Institute at Southern Illinois University

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Turtles could be on protected list

The U.S. government has proposed adding four types of freshwater turtles to an international endangered species list, in part to better monitor exports of the species, whose meat is considered a delicacy in Asia.

Under the plan the common snapping turtle, Florida softshell turtle, smooth softshell turtle and spiny softshell turtle would be listed under the Convention of International Trade in Endangered Species of Wild Fauna and Flora, a global pact ratified by 180 countries. REUTERS

NTSB. Branson vows to find cause of spaceship crash, pilots identified

Billionaire entrepreneur Richard Branson vowed over the weekend to find out what caused his space tourism company's passenger spaceship to crash during a test flight in California, killing one pilot and injuring the other, but expressed a desire to press on with the dream of commercial space flight.

U.S. investigators have indicated the powered test flight of Virgin Galactic's SpaceShipTwo on Friday was well recorded, giving them an abundance of information to help determine what caused it to crash.

Michael Alsbury, 39, has been identified as the co-pilot who died. REUTERS

An National Transportation Safety Board team surveys a tail section from the crashed SpaceShipTwo near Cantil, California. / GETTY IMAGES

UN quantifies fossil fuel future on Earth

Fossil fuels

85%

About 85 percent of the world's energy comes from fossil fuels.

Fossil fuel "budgets" are suggested in United Nations report to curb climate change. / GETTY IMAGES

Quoted

"We must act quickly and decisively if we want to avoid increasingly disruptive outcomes."

UN Secretary-General Ban Ki-moon
told reporters in Copenhagen on Sunday when the report was released.

Environment. Scientists said the world must cut back.

A panel of scientists gathered by the United Nations determined a fixed limit for the amount of fossil fuels that can be burned if the world is to hold back climate change. The panel explained what that meant for policymakers.

The report suggests that the world can only consume a fraction of the known oil, natural gas and coal reserves if it's to keep temperature increases from causing widespread droughts, more violent storms and melting of polar ice caps. The concept is known as carbon "budgeting" because it allocates a quantity of greenhouse gas emissions that can be managed. It tells governments how much room they have to maneuver. BLOOMBERG

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Jerusalem. US foreign policy concerns loom large in passport case

The United States is facing an unconventional challenge as it seeks to project credibility as a neutral peacemaker between the Israelis and Palestinians: a case before the Supreme Court involving a 12-year-old boy.

Today, the nine justices will consider whether the administration of President Barack Obama must follow a law enacted by Congress that allows U.S. citizens born in Jerusalem to have Israel listed as their birthplace on passports.

What appears to be a dry legal question is a foreign policy minefield for the U.S. government, which has refused to enforce the law ever since it was enacted in 2002. The concern for the United States is that the law could be interpreted as an endorsement of Israel's hotly disputed sovereignty claim over Jerusalem, a holy city for Judaism, Islam and Christianity.

The case was instigated by the parents of Jerusalem-born U.S. citizen Menachem Zivotofsky because they want his passport to state that he was born in Israel. Ari and Naomi Zivotofsky sued on behalf of their then-baby son in 2003.

The legal fight has bounced around the U.S. court system for a decade, an odyssey that included a previous trip to the Supreme Court that led to a ruling in 2012 on a more technical procedural issue.

The legal question is whether the law is unconstitutional because it infringes on the president's exclusive right on whether to recognize a foreign nation and under what terms. Negotiations over the status of Jerusalem have long been seen as key to any potential peace settlement. The United States has been neutral on the question ever since Israel was founded in 1948. REUTERS

Quoted

"The last thing you want is the United States to come in from left field and undermine the credibility of the process."

Daniel Kurtzer, former U.S. ambassador to Israel from 2001-05

Palestinian security forces stand on guard, having been called into Bethlehem, West Bank, on Friday to try and quell Palestinian youth from protesting. / GETTY IMAGES

New tensions

The most recent U.S.-brokered peace talks with Israelis and Palestinians broke down in April.

- Tensions are even higher than usual in Jerusalem after Israel on Thursday briefly closed access to a Muslim holy site, the Al Aqsa mosque, following the wounding of a far-right Jewish religious activist.

Independence

Scotland to be independent 'within 20 years'

Scotland will break away from the United Kingdom within 20 years, the defeated leader of the Scots nationalists predicted on Sunday, after a poll showed a majority of voters would back independence if another referendum were held today.

In September, 55 percent of Scots voted to reject independence in a historic referendum after Britain's three main U.K.-wide parties promised to grant greater devolution to Scotland in the event of a "no" vote.

The YouGov poll for the Times newspaper put support for independence at 52 percent against 48 percent who wanted to stay in the union. By including those who would not vote or do not know, the split was 49 percent in favor of a split and 45 percent against.

The opinion poll also brought more bad news for the leader of Britain's opposition Labour party, Ed Miliband, who hopes to oust Conservative leader David Cameron as prime minister in next May's national election. REUTERS

ALEX SALMOND, THE SCOTTISH NATIONALIST PARTY'S LEADER. GETTY IMAGES

STRAIGHT Talk

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Today's winner

To enter your submission for the Metro Photo Challenge to win a $5,000 cash prize, go to **www.metrophotochallenge.com.**

'Morning hot air balloon'

William Bucher, Philadelphia; Category: Urban Escape

Connecticut

'Plastic' Halloween skulls found are human remains

A pair of Connecticut junk haulers was stunned to learn on Friday that two skulls picked up at the cluttered home of a deceased man on the day before Halloween were human remains, not made of plastic as they had thought.

The skulls were among thousands of occult-related items that a junk removal company cleared out of the Fairfield home where Robert L. DeVitto lived until his death two weeks ago. **REUTERS**

Metro transforms its website, introduces app

Web. Your experience on Metro.us is now better than ever, with even easier access to extended coverage.

Today, Metro announces its newest incarnation of Metro.us — which, along with the accurate, timely and informed reporting it has always provided, will now offer a more robust and engaging digital experience.

Among the newest offerings is an expanded roster of trending videos, images and stories that will debut online and are sure to foster discussion.

Metro.us is also putting a new emphasis on community voices, including a growing selection of intelligent opinions from people around the country discussing the topics that are important to you.

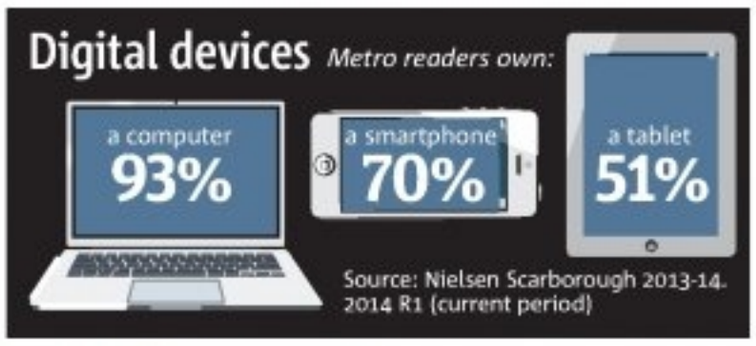
From dating advice and finance tips to commentary on the latest news and sports, Metro.us has what you are looking for.

"We want you to have access to the best things on the Web, we want you to catch the newest viral videos and we want you to get all of your accurate and timely news," said Chief Digital Officer Lotta Karlsson. "We want you to come to us for all of that and more — and now you can."

Complete with a redesigned look that offers more content for your click, Metro.us will give you everything you need throughout your day, including hot topics, the most popular stories and more categories to find exactly what you're looking for.

And while you're on the go, you can read Metro on your smartphone or tablet by downloading our free app, Metro US, where you can navigate through local, national and international news, entertainment, sports, lifestyle and blogs.

"Metro.us is a natural extension of something that we call the 'Metro Moment' — 15 minutes that our readers have to digest the news on their commutes," said Editor-in-Chief Aleksander Korab. "Metro.us lets us extend those 15 minutes to 15 hours or more and ensures that our content is tailored to our readers." **METRO**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Source: Nielsen Scarborough 2013-14. 2014 R1 (current period)

A screen grab shows some of the developments on Metro.us. / METRO

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*National Research Council. (2003) Elder mistreatment: Abuse, neglect and exploitation in an aging America. Washington, D.C.: The National Academies Press

THE WORD

Ned Ehrbar takes on the world of gossip.

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Daily video

'Swiftamine'

So what did you miss on "Saturday Night Live" this weekend? Aside from an epic nine-minute Prince jam and some awkward Boston Marathon and Freedom Tower jokes by Chris Rock, not a lot — but then there's this ad for a medication called Swiftamine: "Over the past month, realizing you like Taylor Swift has become the leading cause of vertigo in adults," says Beck Bennett's character, Dr. David Doctor. As the faux-ad goes on to explain, Taylor Swift-induced vertigo occurs when a Swift track causes your brain to get in a fight with your ears.

NBC/HULU

1 Lena Dunham to people taking her out of context: 'Back the f— up, bros'

Lena Dunham is no stranger to having her words picked apart, but the "Girls" star has limits to how often she can turn the other cheek. This week, Dunham is hitting back against news outlets that claim Dunham had admitted to sexually abusing her younger sister, citing excerpts from her book, "Not That Kind of Girl." In the book, Dunham details an embarrassing moment of childhood curiosity when she was 7 and her sister, Grace, was 1. "The right-wing news story that I molested my little sister isn't just LOL — it's really f—ing upsetting and disgusting. And by the way, if you were a little kid and never looked at another little kid's vagina, well, congrats to you," Dunham posted on her Twitter feed. "Usually this is stuff I can ignore but don't demean sufferers, don't twist my words, back the f— up, bros. … I told a story about being a weird 7-year-old. I bet you have some too. … And yes, this is a rage spiral. Sometimes I get so mad I burn right up. Also I wish my sister wasn't laughing so hard."

Lena Dunham, right, and her sister Grace are pictured here in 2010, approximately 17 years after the incident occurred that "right-wing news" outlets are making such a big deal of. / ALL PHOTOS GETTY IMAGES

2 Amanda Bynes clears the air about Zac Efron

Amanda Bynes is doing her thing again. The star, recently freed from her parents' conservatorship, has been speaking her mind on Twitter, taking on a number of topics. "It is not illegal to talk about my personal business," she begins, kicking off a multi-tweet tirade. "People need to hear the truth about who I really am — I need to show the judge that not only do I not need any help making decisions about my future, I was planning on transferring to NYU and I was never homeless, I was living in the nicest hotels until I found the right [apartment] in NY." She's also now going to school at USC, apparently. Then she wrote: "By the way I just want to tweet that Zac Efron is not ugly." So this is basically like that time that Kanye took to Twitter to offer a belated in-depth public apology to Taylor Swift for crashing the stage at the VMAs, except way less important.

CHRIS MARTIN SEEMS PRETTY HAPPY IN THIS PHOTOGRAPH TAKEN LAST WEEK.

3 Chris Martin and JLaw back together?

Apparently Chris Martin and Jennifer Lawrence aren't so split up — or, possibly, she just forgot a toothbrush at his place and needed to grab it — as she was photographed visiting Martin's home last week.

4 Melanie Griffith not seeing 'Fifty Shades'

I don't often say this, but I'm with Melanie Griffith. The "Working Girl" star says she has no plans to watch the "Fifty Shades of Grey" movie due out in February. Of course, her not seeing it has more to do with her daughter, Dakota Johnson, getting all sexy and bondage-y in the film adaptation, whereas I just think the whole enterprise is terrible, but still. We agree. "It would just be too awkward," she tells Extra. "She, I think, would be mortified."

2 CULTURE

Twitter feed

Jason Alexander has an odd understanding of Daylight Saving, Ellen Barkin is picking a political fight, Niall Horan begs to differ and Ricky Gervais has a theory.

@IJasonAlexander: I'm going back to 1993 so I can be 33 for the winter.

@EllenBarkin: News flash: a fetus cannot talk. It is not a person. Not even a baby, not even an infant. Nope. Sorry.

@NiallOfficial: Someone said to me today, "you weren't very well dressed up for halloween." I totally disagree. We were the 6 best dressed in my eyes

@rickygervais: There don't seem to be as many conspiracy theorists as there used to be. I think the government had them killed.

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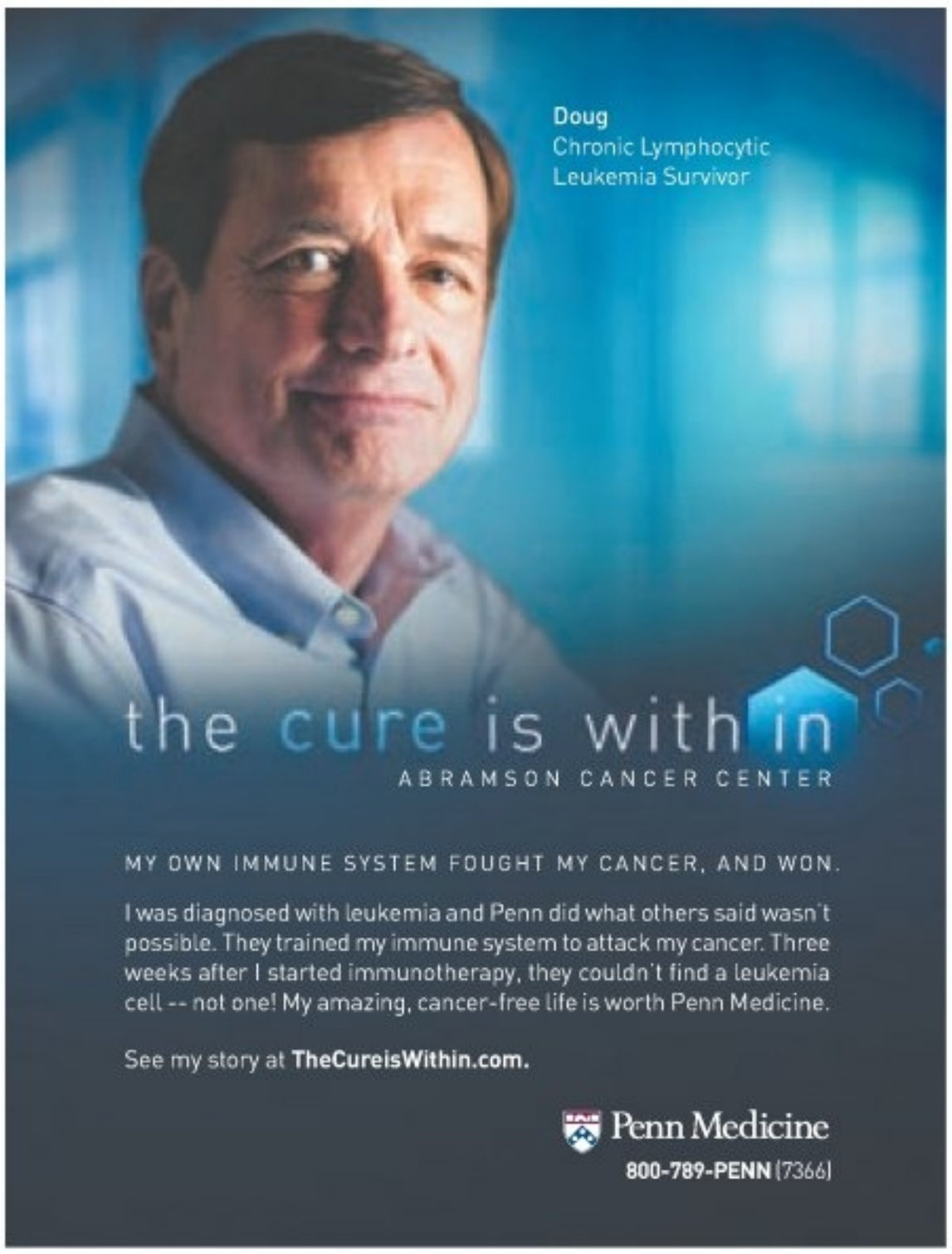
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The truth
What's one misconception about Mexican cuisine?
"That it is unhealthy, greasy, fried and with tons of rice and refried beans," says the author.
For instructions on how to make Chilacayotes in Red Pipian Sauce, visit www.metro.us. / PROVIDED

Adios, burrito

Eat. "Mexico: The Cookbook" is your bible for authentic Mexican cuisine.

Put down the chips, guac and burrito.

In her beautiful new tome, "Mexico: The Cookbook," famed chef, TV host and restaurateur Margarita Carrillo Arronte shows us there's so much more to the country's cuisine than our usual Chipotle order.

The book, a comprehensive collection of 700 recipes from across the country — some from top Mexican chefs — is the product of Carrillo Arronte's love and dedication for authentic Mexican cuisine.

"Mexican food is very dear to, me because it is the food I grew up with," she explains. "My mother cooked with joy. It was her way of expressing her love for us. It's a food with tradition, with meaning."

To keep the heritage behind these recipes alive, the author spent 30 years traveling the country and learning the various dishes from each region" — like Chile Beef Tacos from Zacatecas and Drunken Coconut and Pineapple Cake from Mexico City.

With all her knowledge of Mexican dishes, what does Carrillo Arronte think busy city-dwellers with limited kitchen space should include in their cooking repertoire?

"A Pipian recipe," she says. "It's simple, delicious and nourishing." And it's perfect for picky eaters, Carrillo Arronte adds: "You can use any protein or eat it as a vegetarian meal."

TINA CHADHA
@TinaatMetro
tina.chadha@metro.us

Recipe. Chilacayotes in Red Pipian

Ingredients

- 4 round zucchini (courgettes)

For the red pipian sauce:

- 3 pasilla chiles, seeded, dry-roasted
- 1 cup pumpkin seeds, hulled and lightly toasted
- ½ cup sesame seeds, lightly toasted
- 1 tortilla, toasted
- 2 tomatoes, dry-roasted
- ½ onion, dry-roasted
- 2 cloves garlic, dry-roasted
- 2 cups chicken or vegetable stock
- 1 cinnamon stick
- 1 tablespoon lard or oil
- Salt and pepper (to taste)
- 2 tablespoons sesame seeds, lightly toasted, to garnish

Edward Snowden confers with journalist Glenn Greenwald in Laura Poitras' "Citizenfour," now in theaters. / RADIUS-TWC

She knows the real Snowden

Interview. Filmmaker Laura Poitras talks about filming the NSA leaks as they happened for the doc "Citizenfour."

When Edward Snowden was sitting in a Hong Kong hotel room first leaking his explosive intel, documentarian Laura Poitras was there, filming him. This nail-biting week takes up half of her resulting film, "Citizenfour," which finally puts a human face on Snowden. And incredibly, Poitras, who now resides in Berlin, was not stopped when she returned to U.S. soil.

How did Snowden convince you that he wasn't a crazy person?
He gave a me a lot of top-secret documents. [Laughs] That'll do it. It was one of my early questions: "How do I know you're not trying to entrap me? How do I know you're legitimate?" He wrote back and said, "You'll know it's legitimate once you get the documents and start to ask for comment from officials."

LAURA POITRAS / FILMMAGIC

How was Snowden when you last saw him?
He looked a lot healthier and a lot happier. His diet has not been particularly great. He seemed in much better spirits, with a little less of the weight of the world on him. The person I met in Hong Kong grew up a lot in a short amount of time. There was a naivete I think is gone now. I don't think he expected to still be able to engage in these kinds of debates. I think he was prepared for much worse consequences.

Are you now off the grid?
I still have a Gmail account. But I've pretty much migrated everything that I want to keep private off of it. I haven't been using a cellphone for the last year, because I've been going to the editing room and I know that could be used as a tracking device. But now that the film is out in the world, I need to start carrying a cellphone.

The real Snowden

Getting to know him

The film spends a lot of time just hanging with Snowden. Even just doing that helps fill in gaps in his story.
It certainly debunks certain narratives. If you think he's an agent for a foreign power, you just throw that one away — burn it and flush it down the toilet. Then you're presented with a person who makes a decision, and you get to decide what to make of him. He put his life on the line for things he felt the public had an absolute right to know. I agree with him that the public has the right to know. But I also think there's enough information in the film that you could reach a different conclusion.

Visit **Metro.us** to read about how Poitras hid her Snowden footage from authorities.

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Q&A
RENE RUSSO STAYS UP LATE

"I'M IN LOVE WITH THE MOON, WHAT CAN I SAY? I'M A MOON GIRL," SAYS RENE RUSSO ON BEING A NIGHT OWL. GETTY IMAGES

The "Nightcrawler" star talks being a night owl and starring in a dark and refreshingly smart movie.

Rene Russo stars as a tough but desperate news director in "Nightcrawler," written and directed by her husband, Dan Gilroy. With her station failing, she turns to a freelance videographer (Jake Gyllenhaal) for some sensational footage.

Jake Gyllenhaal confers with news head Rene Russo in "Nightcrawler," out now. / CHUCK ZLOTNICK, OPEN ROAD FILMS

At what point did Dan first tell you about this idea?
A long time ago. He came home one day and told me about "nightcrawlers" — or "stringers," they're sometimes called — and I had no idea, but they come out after dark and they have the night shift where they go around and they photograph during the witching hour. I'm a night person, and I'll be out at 2 a.m. So now I'm looking around me going, "Whoa, is that a nightcrawler?"

You have a habit of going out late at night?
I have a friend and we're both night owls. Usually I'm at home and I just watch documentaries or I answer emails. Night time for me is really magical. I love the night. I'll just go out into my backyard and look at the moon at night. I've seen some beautiful moon-sets. I'm in love with the moon, what can I say? I'm a moon girl.

It's always nice to have a movie that lets you make up your own mind about what you're watching.
Exactly! And what's really interesting about this movie is depending on sometimes gender — and I don't mean all the time — or age, you'll look at this movie differently. Young people, I don't know if they are even looking at it in the same way because I don't think they've hit that desperation in terms of their jobs, you know? Young people that maybe haven't lived enough to cross as many moral boundaries are like, "Wow, that's f—ed up." I'm like, "OK, let me check back in with you in 40 years." [Laughs] "You need to get back in the oven and cook a little bit."

Snip-snap

The paparazzi

The work that these characters do is reminiscent of TMZ and the amateur paparazzi industry.
Look, here's the deal: I am not Angelina Jolie. I can pretty much go out of my house [and not get noticed]. Has TMZ come up to me? Yes. I deal with things with humor. But I am not Lindsay Lohan. And I think if that were my life it would be really, really hard for me. I'm a very private person. There are some restaurants I don't really go to because I know TMZ is going to be there and I don't want to wash my hair. These restaurants will actually call TMZ up and tell them who is there. And it's not like everyone's going to jump, "It's Rene!" But some will show up.

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Box office. Jake Gyllenhaal gets the scoop on a slow weekend

"Nightcrawler," a dark crime thriller starring Jake Gyllenhaal as a freelance cameraman in the high-speed world of siren-chasing journalism, topped sluggish weekend domestic box office charts with $10.9 million in ticket sales.

"Ouija," last weekend's box office leader, was second by a razor-thin margin, selling just $8,760 fewer in tickets in a weekend slowed by candy-gathering Halloween revelers, according to estimates from tracking firm Rentrak.

Brad Pitt's World War II film "Fury" was third with $9.1 million from Friday through Sunday.

The Ben Affleck thriller "Gone Girl," which led the box office for two weekends in October, continued its strong play. The movie, based on Gillian Flynn's best-selling novel of a man accused of killing his wife, was fourth with $8.8 million in sales and has collected $136 million since opening Oct. 3.

Audiences welcomed "Nightcrawler"'s sociopathic Jake Gyllenhaal into their hearts this weekend. / CHUCK ZLOTNICK, OPEN ROAD FILMS

In indie releases, "Birdman" expanded from 50 to 231 theaters and saw a $2.5 million gross, for a $10,866 average. Its total now stands at $5 million, with much more to come as it spreads further.

Also continuing to do well were the Edward Snowden doc "Citizenfour," "Dear White People" and "St. Vincent," the latter of which made $7.7 million to rank seventh. REUTERS

TV watch list

TAYLOR SWIFT AND ADAM LEVINE / TRAE PATTON, NBC

REALITY

'The Voice'

Taylor Swift continues her media dominance by serving as an advisor during the knockout round. Get your Swiftamine ready (see page 15), in case she sings.

NBC, 8 P.M.

DRAMA

'Gotham'

IA younger Commissioner Gordon realizes that maybe he shouldn't have spared Penguin's life in this look at Gotham in the pre-Batman days.

FOX, 8 P.M. METRO

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Breaking from bad

Interview. The serial movie villain plays with your expectations in the thriller "Before I Go to Sleep."

It's not clear whether your should or shouldn't trust Mark Strong in the thriller "Before I Go to Sleep."
LAURIE SPARHAM, CLARIUS ENTERTAINMENT

Mark Strong may not be a marquee name, but you know him: he's the villain in "Sherlock Holmes," "Robin Hood," "Kick-Ass," "Green Lantern" and many more. His sinister onscreen persona is put to good use in "Before I Go to Sleep," a twisty thriller with an amnesiac Nicole Kidman figuring out who to trust: a helpful-seeming doctor (Strong) or the man who at least claims to be her husband (Colin Firth).

Are you sick of people asking you about villains?
No, I'm not, because you can't bite the hand that feeds you. The thing about being a villain in the U.K. is it's an honorable tradition that goes back to Anthony Hopkins, Jeremy Irons, Alan Rickman — you name it. People say, "You'll be typecast." But they're such colorful characters. I couldn't turn them down.

There's also that accent.
I think maybe the English accent has become synonymous with untrustworthiness. But it's more than that. The American tradition exalts the hero: the homecoming king, the quarterback, the president. We've got Richard III, Macbeth. We're unafraid of the dark side. Often I see Americans try to play villains and it's almost as though they have to make a cartoon of them. They can't make them too real, for fear of anybody thinking someone can be so nasty.

You haven't retired from villains, have you?
No, I'm ready, willing and able. It just so happens those villains that came along had something about them that burned very brightly.

VISIT METRO.US FOR STRONG'S THOUGHTS ABOUT HIS UPCOMING "THE IMITATION GAME," WITH BENEDICT CUMBERBATCH.
GETTY IMAGES

Acting with Firth

Familiar co-star

"Before I Go to Sleep" is your third movie with Colin Firth, whom you acted with in the 1997 British adaptation of Nick Hornby's "Fever Pitch," then again in "Tinker Tailor Soldier Spy." And early next year you're back with him again in "Kingsman: The Secret Service."
I saw Colin in a play in 1982 called "Another Country" at Queen's Theatre in the West End. It was my first year at university, and he was one of the reasons I decided I would definitely become an actor. Then years later, I did "Fever Pitch" with him. It's a funny old world, is all I'll say.

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10 WAYS TO HELP – AND KEEP YOUR OWN SANITY

After my last column, "Invisible battle: Mental illness remains undertreated," I received several emails from distressed readers inquiring about how to help a loved one experiencing severe and overwhelming mental and emotional challenges. Friends and family often feel a combination of worry, frustration, guilt, confusion and powerlessness. While each situation and diagnosis has its own particular challenges, here are 10 basic guidelines to help your loved one — and maintain your own sanity.

Withdrawing will only make things worse. / CREATAS RF

1 Encourage the person to seek treatment. Studies show that one of the greatest barriers to treatment is not access to affordable care, but people's misguided belief that they can handle it on their own. Not only is this unlikely, but delaying care usually prolongs and worsens symptoms.

2 Get educated. Try to learn as much as you can about their condition to understand its symptoms and what you might expect. The National Alliance of the Mentally Ill is one of many organizations that offer educational resources for family and friends.

3 Don't play doctor. Tempting as it may be, once you've become educated, don't try to be your loved one's therapist, even if they refuse to get help. Understanding the illness doesn't make you qualified to treat it.

4 Try to imagine the person suffering as healed and whole. Mentally ill people can be highly sensitive to body language and concerned about the way others perceive them. Their biggest fear is that they are somehow broken. If you treat them this way, it will reinforce this false belief.

No. 10

Don't withdraw

Continue to offer love and support, including invitations to activities. Sometimes a simple gesture can provide invaluable reassurance that you still love them and keep them engaged with the world outside themselves.

5 Create a support team. Try to "recruit" others who can check in regularly with the distressed person. This will create a more complete picture of their health status and provide you with much-needed support.

6 Watch for sudden changes in behavior. Learn the warning signs of deterioration at www.save.org, and the steps to take in response.

7 Take care of yourself. Make sure that, in your concern for your loved one, you don't neglect yourself. Keep up with healthy habits and activities that make you feel good, including therapy if necessary.

8 Kids need help, too. Children often feel responsible for their parents' suffering, and experience emotional neglect. Professional support can help them understand what's happening while offering a safe space to share their experiences.

9 Accept your limitations. For a person to heal, they have to want to get better. You can be very supportive, and a mentally ill individual can still make heartbreaking choices.

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KIM SCHNEIDERMAN, MSW, LCSW

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Kim Schneiderman's book, "Step Out of Your Story: Writing Exercises to Reframe and Transform Your Life," is due this spring. Email her your questions at askkim@metro.us.

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Don't make these mistakes on your college applications

College. Wording is everything when it comes to standing out from the crowd.

Applying to college is one of the first adult responsibilities that teenagers face, and that pressure might add an extra level of anxiety to an already stressful process.

"Students have an idea in their heads of what admissions officers are looking for," notes Mari McQuaid, a college admissions counselor at IvyWise, a consulting company that offers students college counseling and test prep. "[But] some students skimp on the details that can be advantageous to them."

We asked McQuaid to share some advice for the high school students currently working through the application process.

Show your personality

"It's harder to reject somebody if you feel that you kind of know them," notes McQuaid. Too often, students are overly formal in their essays and application answers. She advises students to show colleges a bit more about their interests. "The biggest mistake is not providing enough context," she adds. Is there a reason you've always wanted to be a doctor or have chosen an education major? Including those stories will make your application richer.

"Don't be disrespectful," warns McQuaid, "but if you can inject your sense of humor it does make a difference. ... You can kind of see the students who are overly concerned with how they come off."

Use descriptive language

When describing things like extracurriculars and part-time jobs, students tend to be very literal, notes McQuaid. "Spin it in the best way possible," she advises. For example, a student who volunteers at a tutoring center often will say something like 'I helped kids with their math homework,' which,

Talking shop. Try these phrases when asked to justify your major

If you're planning to go into law, business, engineering or med school, chances are you're getting praised for making a "smart" career decision.

Those of us who have chosen a degree with blurry career opportunities, such as a Bachelor of Arts, are most likely used to getting puzzled looks from relatives and friends.

"So what can you do with that degree?"

"Are there enough jobs in that field?"

"Does it pay well?"

"If you knew it was hard getting a job with that major, then why did you choose it?"

If you're sick and tired of having to explain why you're pursuing your passion, here are a few responses you keep under your sleeve.

1 "Any type of education is valuable." No matter how irrelevant your major may seem compared to the "real world," you have spent four years learning about a specific discipline, and there will be jobs where your knowledge will be needed.

2 "I have employable skills. I just need to find the right opportunity — like everyone else." No matter what major you choose, just about every educational process teaches you critical thinking, research methodologies and coherent writing skills. And these tools are valuable to any job out there.

3 "I'm working on that now. Do you want to check back with me later?" Although it is a good idea to think about your options when you graduate (whether it is to get a job or internship, or go to grad school),

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Mentioning a mentor or teacher that impacted you helps humanize your applications. / WAVEBREAK MEDIA

while true, isn't particularly descriptive. "Saying that you mentored them or coached them sounds more impressive."

Did you have a mentor who helped you get to where you are today? "Give credit to those people," says McQuaid. "It balances everything out in a way."

LAKSHMI GANDHI
@LakshmiGandhi
lakshmi.gandhi@metro.us

Do your homework

Know the school you are applying to

Most applications have a question that simply asks students why they are interested in attending that particular school. "It's very, very important that students do their research so that their essay is as strong as possible," says McQuaid. She recommends that applicants go to the university's website and look up the professors that they are likely to be taking classes with. Is there a particular class or major that intrigues you? Mentioning that — and explaining why — goes a long way.

Don't let things get awkward when talk turns to careers at dinner. INGRAM PUBLISHING

4 "If I think about the future too much, the more distracted I'll be from the present." This is a good one to say if you feel tired and want a firm, polite rebuttal. The most important thing to remember is to not let people bring you down because of what you're studying.

you shouldn't dwell on it throughout undergrad. College is an intellectually stimulating place where you can meet amazing people and flourish as a person. Take it one day at a time!

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Balance. Ladies, don't let your co-workers take advantage of you

It's OK to speak up at work.
WAVEBREAK MEDIA

It's a problem most women frequently encounter at work: You're overwhelmed with projects but unable to say "no" and put your foot down.

"The disease to please is the No. 1 issue that women have," says Shelley Zalis, the CEO and founder of The Ipsos Girls' Lounge, a networking space for women.

"We never want to say what we want, and we sacrifice being honest."

Zalis offers these tips for women looking to change the way they approach work.

Break the apology habit

"If we keep apologizing, we become just like everyone else," says Zalis. Part of the reason women tend to overapologize, she says, is because of the inflexible nature of most workplaces. "We need to go from a culture of rigidity to a culture of caring," she notes.

Build up your confidence

"Know that you matter," Zalis advises. "We're not bossy, we are confident, and confidence is knowledge." Women in particular should take the time to learn from one another. "Use your powers to share," says Zalis. "By having a support network, you're energizing yourself."

Don't hold yourself back

A big part of building confidence, says Zalis, is learning how to be true to yourself. "What makes you special?" she asks. "Embrace it."

LAKSHMI GANDHI

It's possible to be happier at work

Work-life balance. Take these simple steps to make your day easier.

Having a friend at work makes a big difference. / STOCKBYTE

If you're like most Americans, you spend most of your waking hours at your workplace — which means that you should try your hardest to make those hours happy ones.

Gretchen Rubin became a best-selling author five years ago with her book, "The Happiness Project," in which she experimented with different tactics to create a happy life.

"A lot of times with happiness there is a lot of attention paid to big, transformative events like, 'I'm going to climb Kilimanjaro,'" says Rubin. "But it's important to look at ordinary life, the little things you can work in that don't take a lot of time or money."

We recently sat down with Rubin to get her thoughts on simple things workers can do to make their days a little brighter.

Have a work buddy

"When [researchers] talk to people who are happy at work, one of the most common things is that they have a friend at work," Rubin notes. It's always nice to have someone to bounce ideas off of and to take coffee breaks with.

Try to find a supportive boss

"Choose your boss carefully, if you can," advises Rubin. "Because having a boss you feel cares about your success is very important to happiness."

Make sure you are comfortable

Literally. "Is your desk the right size?" she asks. "Are you hunching your shoulders so that you are getting a backache every night?" Making little adjustments to your posture and finding a comfortable office chair can make a big difference. "Make sure you are comfortable in your body, because if you are uncomfortable it wears you out," Rubin adds.

Take your lunch break

"Go outside and get some sunlight," says Rubin. "When you are at work, it seems like it's the center of the universe. But when you walk outside and you have some distance, you're reminded that it's not the biggest deal in the world if this guy handed in his report a day late."

GRETCHEN RUBIN
PROVIDED

Creating a plan

A new online tool

Rubin is a spokeswoman MS Blueprint, a new online tool for people with multiple sclerosis that helps them to create action plans to reach personal goals. "I really believe you can do these simple, manageable things in everyday life that change the quality of your life," says Rubin. "MS is an unpredictable disease, [but Blueprint allows users to say:] 'Let me think of what my life is really like and what I can do to make my life better.'"

LAKSHMI GANDHI
@LakshmiGandhi
lakshmi.gandhi@metro.us

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Horoscope

♏ Scorpio | Oct. 23-Nov. 21. Resist the urge to flare up in the heat of the moment. Jealousy will cause you to judge a situation in the wrong light.

♐ Sagittarius | Nov. 22-Dec. 21. A demanding family member may not be aware of your situation. Express your feelings and re-evaluate your position.

♑ Capricorn | Dec. 22-Jan. 20. You have several choices to make, but before you take a leap of faith, ensure that you have all the information needed to make a choice.

♒ Aquarius | Jan. 21-Feb. 18. Don't let lethargy drag you down. Spark your enthusiasm by taking a trip or educational course, or beginning a creative project.

♓ Pisces | Feb. 19-March 20. Look for people who share your interests. Find something that appeals to you and make a point to get involved.

♈ Aries | March 21-April 20. Problems will surface if financial matters are not handled properly. Gather your household and allocate responsibilities.

♉ Taurus | April 21-May 21. Give your morale a boost. A trip to a shopping area will help to break up the routine and reduce your stress level.

♊ Gemini | May 22-June 20. If you spend extra time at work, make sure you clear it with someone who counts on your assistance.

♋ Cancer | June 21-July 22. Keep your priorities in order. You have a creative project to work on, but make sure you take care of your primary responsibilities first to avoid interference once you start it.

♌ Leo | July 23-Aug. 22. Make time for family. If you have been too caught up with your own needs, someone you love will feel left out.

♍ Virgo | Aug. 23-Sept. 22. Rely on the help of friends to complete your to-do list. Accomplishment will make you realize the importance of your relationships.

♎ Libra | Sept. 23-Oct. 22. You will discover some unsettling news. Don't judge before checking out the source to determine if what's being said is fact or fiction. EUGENIA LAST

Sudoku: Easy and hard

8							1	5
6	9		1		3			2
2			7			8		
			4	7				
	7		9		8		4	
				3	5			
		8			2			4
5			8		6		3	1
4	1							6

3	9				1			
		7	8	4		2		
		4	3	6		9		7
		1					6	
7								1
	5					3		
1		2		3	8	6		
		9		7	4	1		
			1				8	9

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Letters

Concern isn't hysteria

Re: 'Nothing to fear' (Metro, Oct. 31 to Nov. 2) Letter writer Michael Molder should have scratched a bit deeper — forced quarantine does have precedence going back to the 19th century, so yes, national health trumps the nurse's temporary discomfort. I should also note it's been suggested that someone can be contagious without displaying symptoms; also, about 13 percent of contagious people don't develop a fever, and despite earlier CDC announcements, air droplets from, say, a sneeze, can infect. Concern is warranted and it's not hysterics to suggest a temporary quarantine for those traveling from hot-zones.
SEAN ROOK, VIA EMAIL

Ebola isn't a top killer

Re: 'Nurse's happiness doesn't trump national health' (Metro, Oct. 30) Kaci Hickcox, like many selfless health care workers, put her own life on the line in order to help the victims of a massive tragedy halfway around the world, only to be rewarded by being treated like a cross between a barnyard animal and Typhoid Mary when she returned. I am amazed by the mindless cowardice on display across the media landscape, especially in the light of real threats to our safety. ROBERT TROMBETTA, VIA EMAIL

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10 Wooded hollow
14 Elite squad (hyph.)
15 Court order
16 Toledo's lake
17 Romantic lighting
19 — fide
20 Quaker pronoun
21 Dentist's order
22 Flashy dressers
23 Excited
24 High-priority
25 Weasel-like carnivore
28 "Holy cow!"
30 Jogs
31 Monthly payment for many
35 Apollo acronym
36 Myopic Mr.
37 Rockies ski resort
39 Interrupts (2 wds.)
41 Coon cat origin
42 Back muscles
43 Hit dead-center
44 Small pet
48 Ancient cosmetic
49 Detox, perhaps
50 Columbus' port
52 Flying mammal
55 Diva's melody
56 Vacations for control freaks? (2 wds.)
58 Shaft locale
59 Field of study
60 High-IQ group
61 Farmer's need
62 Collies do it
63 Snake

Down
1 Statistic
2 Jazz's home
3 Say no
4 Gallivant
5 Comes out
6 Guitar sound
7 Scepter go-withs
8 Onetime Trevi Fountain coins
9 Letter after zeta
10 Remove wiretaps
11 Carve a canyon
12 White-sale buy
13 Slightest
18 Zodiac beast
22 Remnant
23 Fragrant oil
24 Capable of (2 wds.)
25 Everest or K2
26 Desert dweller
27 Sub — (secretly)
28 Hindu ascetics
29 Spinach is rich in it
31 Clipper ship feature
32 Benefit
33 Actor Max —
34 One, in Berlin
36 Sit-down occasion
38 Was in charge
40 Smooth-talking
41 — Gandhi
43 Koh-i — diamond
44 Metric units
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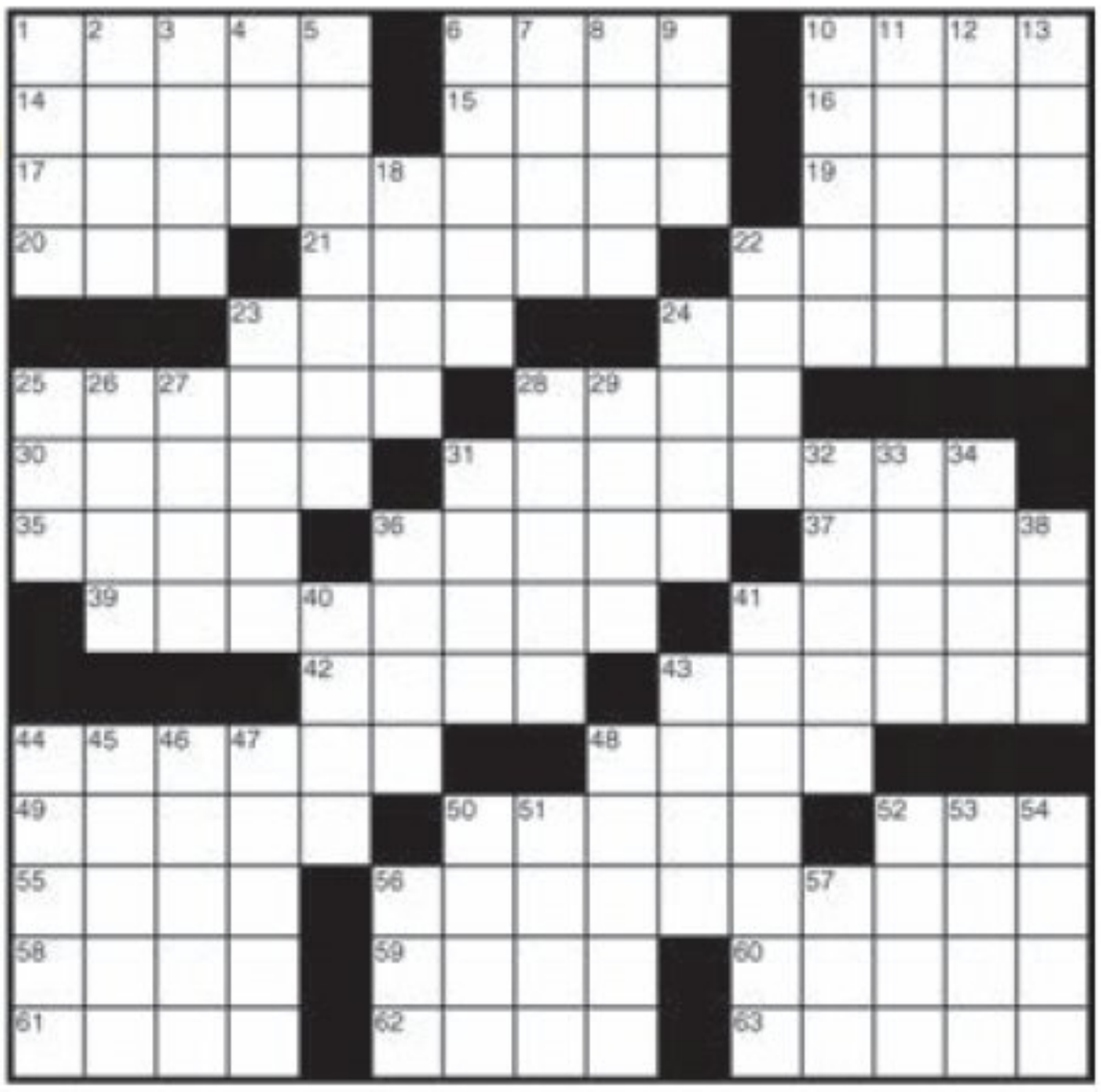
57 Wine category

Weekend's answer



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3 SPORTS

Bouncing back

76ers still seeking first win

The 0-3 Sixers have a tough test Monday in their 7 p.m. game against the Rockets at the Wells Fargo Center, as they seek to break into the win column without their best player, Michael Carter-Williams. Though Tony Wroten has played relatively well in his stead, the Sixers can't help but count down the days until MCW's likely return, Nov. 13 in Dallas.

Sanchez, Maclin lift Eagles to first place

NFL. The Eagles' potent offense was enough to overcome injuries and turnovers against the Texans on Sunday.

Jeremy Maclin has proven himself among the most dynamic wide receivers in the NFL. / GETTY IMAGES

Once again, a fourth and short in the red zone decided an Eagles game.

But this time, Chris Polk's forward progress got a critical first down with four minutes left inside the Texans 10-yard line and two plays later, Jeremy Maclin added to his incredible two week explosion catching a touchdown pass to give the Birds a 31-21 victory in Houston Sunday.

The score capped the Eagles' longest drive during the Chip Kelly era, taking up 8:01 from fourth-quarter game clock.

Maclin had 158 yards and two touchdowns (a week after setting a career high with 187 yards) and made Mark Sanchez's transition to the Eagles offense look easy in a win that put the Eagles in first place in the NFC East — after the Cowboys were creamed by the Cardinals.

"That is the reason we resigned Maclin," Chip Kelly said. "I was really excited before he got injured of how he would fit in on offense. He has made some real clutch passes throughout the year and that's what we come to expect from him."

The Eagles offense also overcame three costly turnovers, each leading to Houston points, gaining 484 yards from scrimmage.

By the numbers

40

After the Eagles' lopsided run-pass ration in their loss to the Cardinals last week, the Birds ran the ball 40 times to 35 passer Sunday.

345

Jeremy Maclin's total yards receiving in the last two games.

LeSean McCoy picked up 117 yards as part of a rushing attack that posted 2013 numbers with 192 yards total on the ground.

Nick Foles was knocked out of the game in the second quarter, but Sanchez didn't skip a beat finding Maclin deep early in his first drive as an Eagle, and later posting six points with a touchdown strike to Jordan Matthews. Foles would not return.

"I thought Mark did a really great job," Kelly said of Sanchez. "He had good command of what we're doing. Since Day 1 here, you know what type of professional he is. He's in early, he takes copious notes, he is a real professional."

Fallen warriors

Though they earned a key win, the Eagles lost some important players to injury. As Kelly said after the game, "When a warrior gets hurt, you pick up his shield and play in honor of him."

- DeMeco Ryans suffered a season-ending Achilles injury and was carted off the field after he picked off a pass and fumbled.
- Nick Foles injured his left shoulder and wore a sling after the win.
- Todd Herrimans left the game with a leg injury (he played with two torn biceps).

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Weeden left Dallas fans missing Tony Romo on Sunday. / GETTY IMAGES

Cowboys lose without Romo, 'Skins falter too

NFL. The Eagles were propelled into first place Sunday when the Cardinals creamed Dallas.

Maybe the Cardinals are for real. After defeating the Eagles last week they wasted no time in getting a statement win against another NFC East club, earning a 28-17 win against the Cowboys, sans Tony Romo.

With Romo out with a back injury, Brandon Weeden barely eclipsed a 50-percent completion rate and threw two interceptions at the helm of the Cowboys' offense.

Carson Palmer tossed three touchdowns for Arizona, and the Cards defense held the NFL's leading rusher DeMarco Murray in check (he had just 79 yards).

Vikings 29, Redskins 26
Teddy Bridgewater threw a touchdown in the final minutes of a Minnesota win Sunday, and Robert Griffin III was unable to respond as the clock wound down. Matt Asiata ran for three touchdowns in the win and helped the Vikings come back from deficits three times.

Browns 22, Buccaneers 17
Brian Hoyer threw for 300 yards and helped the Browns earn their fifth win on the year and fourth in five games. The Bucs fall to 1-7.

Chiefs 24, Jets 10
Michael Vick was solid in his first start for the Jets, but Alex Smith, Jamal Charles and the rest of the Chiefs offense was able to add a key third touchdown on a "butt TD," an unusual catch that clinched the win for Kansas City.

Bengals 33, Jaguars 23
Jeremy Hill ran for a career best 154 yards and two touchdowns as the Bengals combated a solid game for Jaguars quarterback Black Bortles.

Dolphins 37, Chargers 0
Miami dominated on all fronts, with the defense causing four turnovers and Ryan Tannehill throwing for 288 yards and three touchdowns in an impressive shutout win.

EVAN MACY
@evan_macy
evan.macy@metro.us

Around the league

Patriots make statement, vs. Broncos, Manning

Tom Brady moved to 11-5 all-time against Peyton Manning and the Patriots improved to 7-2 thanks to an impressive 43-21 win over the Broncos Sunday.

Though Manning individually put up great numbers, 438 yards and a pair of touchdowns, Brady's four touchdowns passes and the New England defense prevailed in a duel of two of the best quarterbacks of all time.

Brady and Gronk / GETTY IMAGES

Rams 13, 49ers 10
Perhaps the Rams aren't as bad as we thought. St. Louis pulled off yet another upset (they beat Seattle a few weeks ago) thanks in part to one of Colin Kaepernick's all-time worst performances.

Seahawks 30, Raiders 24
Marshawn Lynch stepped up with two touchdown runs on a subpar passing night for Russell Wilson in a much-needed win for Seattle. The Seahawks defense also caused three turnovers, leading to the win. METRO

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Flyers begin to squander momentum

NHL. After finishing October on a high note, the Flyers have reverted to their lackluster early season play.

The Philadelphia Flyers finished October with a .500 record at 4-4-2, which when considering what they were up against is no small feat.

Their schedule was, for a lack of a better word, unforgiving.

There were no soft spots, no easy points. There was no Buffalo, Florida or Carolina.

Instead, nine of their first 10 games were against teams that qualified for the playoffs — the only that missed was the Devils who nearly made the cut.

They traveled to Boston, Chicago, Pittsburgh and Tampa Bay. They hosted the Canadiens, Ducks, Red Wings and Kings.

Three of those teams were division winners, one won the Presidents Cup for the most points, three advanced to the conference finals and one won the Stanley Cup.

And still the Flyers entered November, which opened with a loss to the Panthers on Saturday and includes a much more forgivable slate, with their heads at the water line.

"I feel like every time we start playing a good block of teams I think that's when we start playing our best," Wayne Simmonds said. "I think the better the teams we play obviously we step up to the challenge."

Quoted

"It's tough not to come out on the winning side. You've got to be better. Wins are not coming right now on the personal front. You just keep working." Steve Mason

They also skated without arguably three of their top four defensemen on a unit that was already suspect to begin with. Kimmo Timonen is likely done for the year with blood clots, while Braydon Coburn (lower body) has been out since the season opener and Andrew MacDonald (lower body) missed the final three games of the month.

"It's a huge positive for us," Jakub Voracek said last week. "The schedule was tough and we have had a couple of injuries. [But] We are still finding ways to win, which is most important."

Michael Del Zotto and the Flyers' defense have been dealing with injuries all season. / GETTY IMAGES

It looked rather ominous when the Flyers were still looking for their first win after four games.

"I just tried to stay consistent [after four games], and that's what I tried to tell the players," coach Craig Berube said. "You have to stay with it and keep working, compete and good things will happen."

They did. Now, the Flyers must sustain it.

"We just need to keep pushing forward and playing good hockey," Simmonds said. "I think over the last week or two we've started playing a lot better but we need to continue."

ERIC GOLDSTEIN
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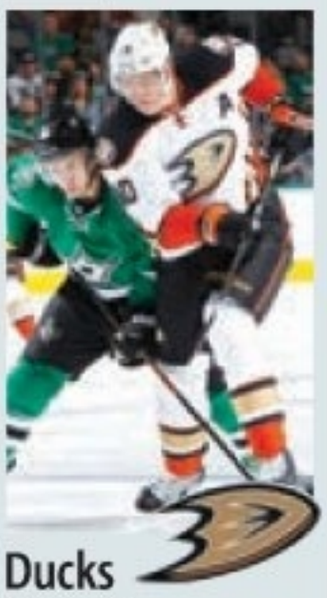
NHL power rankings | by Rich Slate

No. 1



Ducks (9-3-0)

It is hard to argue that the Ducks aren't the top team in the league at the moment. They have the most points (18) and an impressive goal-differential of plus-11. Corey Perry leads the league with 10 goals and Frederik Anderson has the best goals against average (1.60) in the NHL.

No. 2

Lightning (8-3-1)

Tampa Bay has scored the most goals in the NHL (42) and they've won their last three games. They have a plus-10 goal differential.

No. 3

Canadiens (8-2-1)

They've only played four games thus far at the Bell Centre but they were all wins. Their goal differential is zero.

No. 4

Penguins (7-2-1)

The Penguins' offense is putting up silly numbers: 41 goals. Pittsburgh also has the best goal-differential, an absurd plus-19.

No. 5

Canucks (8-3-0)

It's tough to picture them keeping up this pace, but Ryan Miller (8-1-0, 2.24 goals against) looks rejuvenated.

No. 6

Wild (7-3-0)

They are tied with Florida (really?) for the fewest goals allowed (18) and they have the second best goal-differential (plus-17).

No. 7

Sharks (7-4-2)

They are off until Thursday but then have a tough three games in four nights stretch vs. Vancouver, at Dallas and at Chicago.

No. 8

Red Wings (6-6-2)

Henrik Zetterberg has 14 points (three goals, 11 assists) including a pair of assists in each of his last two games.

No. 9

Predators (6-2-2)

Rookie Filip Forsberg (one goal, seven assists, plus-11) looks like a find, the 20-year-old was the No. 11 overall draft pick.

No. 10

Kings (6-3-2)

The Kings have lost their last two games and winger Jordan Nolan was suspended for two games but these are only minor worries.

No. 11

Blues (6-3-1)

After a slow start to the season, the Blues have turned it up lately with four straight wins. They play the Rangers Monday.

No. 12

Devils (6-3-2)

New Jersey is playing good hockey but with a goal-differential of minus-3, this could all be a temporary mirage.

No. 13

'Hawks (6-4-1)

The Blackhawks' goal differential is plus-7 and you can bank on their offense (29 goals) waking up from their slumber soon.

No. 14

Flames (6-4-2)

It's going to be an uphill battle as usual for them in the Pacific Division with Anaheim, Vancouver, San Jose and LA all in front.

No. 15

Bruins (7-6-0)

Zdeno Chara is out for a while with a knee injury along with fellow defensemen Kevan Miller and Torey Krug.

No. 16

Leafs (6-4-1)

The Leafs have won their last three games and any time you top the Blackhawks you take it. Toronto is 3-0-1 on the road which is an interesting statistic.

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H0517 - Hrizo, Gina • I0564 - Cichocki, William • J0659 - RABOY, RANDY L • M1094 - Walker, Nicole
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B156 - Greenwald, Thomas • B169 - McCloud, Anita • C239 - Cain, Louis
C241 - Morris, Joseph • D374 - Morrison, Robert • D411 - Wilson, Shadeia

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PS ORANGECO, INC

NOTICE OF PUBLIC SALE OF PERSONAL PROPERTY

Notice to hereby given that the undersigned will sell to satisfy the lien of the landlord, at public sale, by competitive bidding on **11/20/14 at 12PM** at the Safeguard Self Storage facility located at **830 E. Hunting Park Ave, Philadelphia, PA 19124.** The personal goods stored in the following space numbers by the following tenant(s):

safeguard self storage

#3128-Issac Davis • #1404-Shawnal Tate • #3110-Angelita Thomas

Purchases must be made with cash only and paid in full at the time of sale. All goods are sold as is and must be removed at the time of purchase. Sale is subject to adjournment. Safeguard Self Storage Management, Inc.

NOTICE OF PUBLIC SALE OF PERSONAL PROPERTY

Notice to hereby given that the undersigned will sell to satisfy the lien of the landlord, at public sale, by competitive bidding on **November 20, 2014 @ 10am** at the Safeguard Self Storage facility located at 6224 Germantown Avenue Phila. PA 19144. The personal goods stored in the following space numbers by the following tenant(s):

safeguard self storage

#0102 - Dwayne Anthony, #0121 - Curtis McAllister, #0133 - Taisha Bland, #0216 - Dontavier Martinez, #0225 - Erica Long, #0330 - Jimmie Reed, #0408 - Shronda Lyons, #0428 - Kareem Shared, #1128 - William Savage, #1143 - Lambert World Wide Services/Robert Lambert, #1146 - Bridget Cunningham, #1309 - Sharon Dilea, #2321 - Janet Hanson, #2333 - Lataya Roberson, #3122 - Ieasha Howard, #3516 - Ricaud Pierre

Purchases must be made with cash only and paid at the time of sale. All goods are Sold as is and must be removed at the time of purchase. Sale is subject to adjournment. Safeguard Self Storage Management, Inc.

NOTICE OF PUBLIC SALE OF PERSONAL PROPERTY

Notice is hereby given that the undersigned will sell to satisfy the lien of the landlord, at public sale, by competitive bidding on **11/20/14 at 1PM** at the Safeguard Self Storage facility located at **3300 Frankford Ave, Philadelphia, PA 19134.** The personal goods stored in the following units by the following tenant(s):

safeguard self storage

1501 India Davis, 2210 Janet Follett, 2410 Ryan Ernest Simmons, 2610 Coffee Williams, 3311 Felix Green, 3315 Marie Belizaire, 3321 Raymond McKenna, 3414 Carmen Rodriguez, 3514 Tiara Gamble, 3609 Katherine Pino, 4119 Maria Judith Garcia Rivera, 4303 William Cloud, 4506 Laura Pagan, 4512 Laura Pagan, 4527 Shelby Banks

Purchases must be made with cash only and paid in full at the time of sale. All goods are sold as is and must be removed at the time of purchase. Sale is subject to adjournment. Safeguard Self Storage, Inc.

NOTICE OF PUBLIC SALE OF PERSONAL PROPERTY

Notice to hereby given that the undersigned will sell to satisfy the lien of the landlord, at public sale, by competitive bidding on **NOVEMBER 20, 2014 @ 9:00AM** at the Safeguard Self Storage facility located at 1499 66TH Avenue Phila, PA 19126. The personal goods stored in the following space numbers by the following tenant(s):

safeguard self storage

 # 1107 Kenya Henderson, # 2212 Sean David, # 2222 Sommer Reading, # 2503 Tanya Ross, # 3118 Kelly Jones, # 3207 Marquia Fortune, # 3307 Kimberley Johns, # 3416 Sade Lee, # 3505 Angelic Gilchrist, # 3511 Edward Mcguire

Purchases must be made with cash only and paid at the time of sale. All goods are Sold as is and must be removed at the time of purchase. Sale is subject to adjournment. Safeguard Self Storage, Inc.

NOTICE OF PUBLIC SALE OF PERSONAL PROPERTY

Notice to hereby given that the undersigned will sell to satisfy the lien of the landlord, at public sale, by competitive bidding on **NOVEMBER 20, 2014 @ 3PM** at the Safeguard Self Storage facility located at 1333 Rhawn Street Phila. PA 19111. The personal goods stored in the following space numbers by the following tenant(s):

safeguard self storage

#1207-Leah Boyle, #1504-Kevin Crabtree, #3109-Traci Little, #3214-Evonne Smith.

Purchases must be made with cash only and paid at the time of sale. All goods are Sold as is and must be removed at the time of purchase. Sale is subject to adjournment. Safeguard Self Storage Management, Inc.

NOTICE OF PUBLIC SALE OF PERSONAL PROPERTY

Notice to hereby given that the undersigned will sell to satisfy the lien of the landlord, at public sale, by competitive bidding on **11/20/14 at 2PM** at the Safeguard Self Storage facility located at **6371 Keystone Street, Philadelphia PA 19135.** The personal goods stored in the following space numbers by the following tenant(s):

safeguard self storage

1102 Marcesha Ross • 1122 Bill Crowthers • 1123 Bill Crowthers
1311 Margaret Corson • 2106 Marcesha Ross • 2417 Patricia Williamson

Purchases must be made with cash only and paid at the time of sale. All goods are Sold as is and must be removed at the time of purchase. Sale is subject to adjournment. Safeguard Self Storage Management, Inc.

NOTICE OF PUBLIC SALE OF PERSONAL PROPERTY

Notice is hereby given that the undersigned will sell to satisfy the lien of the landlord, at public sale, by competitive bidding on **11/20/2014 @ 11AM** at the Safeguard Self Storage facility located at **1221 N. Broad Street, Philadelphia, PA 19122.** The personal goods stored in the following units by the following tenant(s):

safeguard self storage

0302 Patrick Hamilton • 3110 Kimberly Hatcher • 4420 James W Cole
4505 Alesia Hamilton • A4450 Eric Wilson • A4610 Kenneth Jefferson

Purchases must be made with cash only and paid in full at the time of sale. All goods are sold as is and must be removed at the time of purchase. Sale is subject to adjournment. Safeguard Self Storage, Inc.

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1508 Eric Billups	P12 Patrick McNichole	2523 Latanya Smith
1142 Angela Brown	1809 Shelby Moore	2928 Melba Tate
2623 Deborah Ann Harris	2600 Shawn Morgan	2811 Tyrone White
2716 Robert Henderson III	1808 Karen Morton	1315 Sonya Dixon
2303 Nicolette A Keels	1314 Anthony Powell	

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LEGAL NOTICES

Change of Name Notice Court of Common Pleas for the County of Philadelphia, September term, 2014. No. 008425. Notice is hereby given that on September 11, 2014, the petition of Miles Nutter was filed, praying for a decree to change Shaun McCarron's name to Cha'Chill Silas Biggar. The Court has fixed November 17, 2014 at 9:00 a.m. in Room No. 2, 34 South 11th Street, Philadelphia, PA, for hearing. All persons interested may appear and show cause if any they have, why the prayer of the said petitioner should not be granted.

Court of Common Pleas for the County of Philadelphia, August term, 2014, No. 3444. Notice is hereby given that on September 5, 2014, the petition of: Jean A Yi was filed, praying for a decree to change her name to Jeana Yi Nunez. The Court has fixed courtdate, November 5, 2014 at 11 a.m. in Room 691, City Hall, Philadelphia, PA for hearing. All persons interested may appear and show cause if any they have, why the prayer of the said petition should not be granted.

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